



F&B
DIGITAL THERAPY

UNMASKING YOU:

The Neurodivergent Guided Journal

NAME



CONTENTS

WHO ARE F&B?

HOW TO USE ME

REDUCING TASK OVERWHELM & DOPAMINE
MENU AVAILABLE IN PAID VERSION ONLY

**STEP 3: DAILY JOURNAL
WITH BRAIN DUMP PAGES**

MONTH REFLECTION

WHAT NEXT?



F&B

DIGITAL THERAPY

WHO ARE F&B?

We're Faye &
Becki, hi!

We're CBT
therapists who
just so happen to
be neurodivergent
(& didn't know
until adulthood!).



This month long journal is based on the template I created for myself, bearing a neurodivergent brain in mind! It incorporates a range of helpful strategies to manage overwhelm and prompts for reflection. This has been crucial to my healing - I want to share this with others for free!

-Becki 🌸



HOW CAN THIS JOURNAL HELP ME?

This journal was designed with a neurodivergent brain in mind. That means it's flexible, supportive, & doesn't expect you to be a perfectly productive human every day.

MAKING JOURNALING WORK FOR YOUR BRAIN

No essays required - short answers, creative answers or whatever works for you is enough.

SELF-REFLECTION & PROMPTS

Guiding you towards an understanding of yourself.

Expect to:

- Make sense of your thoughts
- Track mood, energy, or stress patterns
- Process emotions safely & privately
- Recognise & meet your needs
- Feel more grounded, less scattered

Remember!

*This isn't about being 'good' at journaling.
This is a safe space to show up as you are.*

*Start where you are.
Skip what doesn't work.
Come back when you're ready.*

This journal is tailored to you - not the other way around.

**WANT MORE TIPS? KEEP A
LOOK OUT FOR OUR
JOURNAL RESOURCE TOOLS
COMING SOON 🌸**

HOW TO USE ME...

DAILY JOURNAL

Be flexible

Although this journal is structured daily, accept there'll be days you don't do it.

Be reasonable

3x times a week, every other day, even 5 minutes > none.

Habit stack

For example, filling this in right before bed as part of your wind-down routine.



You might forget
That's okay. Shame is the worst
motivator.

*The next tutorial page will walk you through
what each section means and how to make it work
for your brain.*

HOW TO USE ME...

WHAT DO I DO WITH THE TEMPLATE?

Print me!

Print me off & staple me together or stick the pages into a notebook/diary.

Type on me!

Edit the PDF document directly.

Add me!

Add these pages onto a digital programme such as Procreate (on iPads) to hand write with a digital pen.

Get creative, this diary is yours to work for you!

DATE: _____

DAILY AFFIRMATION:

Write a short phrase that feels grounding or encouraging. You can repeat one, write your own, or skip it.

E.g. "I am good enough"

PRIORITIES (A)

(Based on ABC Priority Strategy)

Priorities (A) = Must-do today

Could wait until tomorrow (B) =

Important but less urgent

Eventually (C) = To keep in mind or only if you have energy.

This helps reduce overwhelm and guilt.

Revisit your step by step tasks to remind yourself of what steps are reasonable right now.

COULD WAIT UNTIL TOMORROW (B)

☐

☐

☐

☐

☐

☐

☐

☐

EVENTUALLY (C)

HOURLY HOUR

6AM	Optional! Use this to structure your day if that helps—especially including time to shift between tasks or recover after doing something hard.	4PM
7AM		5PM
8AM		6PM
9AM		7PM
10AM		8PM
11AM		9PM
12PM		10PM
1PM		11PM
2PM		12AM
3PM		1AM

MEAL PLANNER

To help you keep on top of nutrition. Aim for little & often, could just be ideas for snacks to not forget about.

MOVEMENT

Doesn't need to be perfect exercise, plan a walk, a dance, a tidy-up, a YouTube workout.

DOPAMINE MENU

- MANDATORY!
- What items from your dopamine menu do you need today (small, medium and large tasks that provide a healthy dopamine boost)

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

Quick Stats

- Mood (draw a smiley face that fits best e.g. 😊 😐 😞 😡 😢 😭)
- Energy 0= exhausted, 10= full on zooming
- Sleep Hours
- Screen Time
- Activity Rating how physically active you felt

HOW I FELT TODAY:

A space to name or describe your emotions, give them some space & acknowledge them, no need to go deep and into detail unless you want to.

THINGS I'M PROUD OF:

A chance to celebrate something you did, no matter how small.

OVERSTIMULATED

UNDERSTIMULATED

Reflect on where you sat on the sensory scale today, and what contributed to that.

DAILY REFLECTION QUESTION:

A different prompt each day to explore thoughts, patterns, or needs.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

11PM

12AM

1AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

A large green rectangular area with a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rectangular area for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

A pink rectangular area for writing.

DAILY REFLECTION QUESTION:

What was a favourite memory from this week?

A large green rectangular area with a grid of small yellow dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

11 PM

12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU





MOVEMENT

SLEEP

HOURS

THINGS I'M PROUD OF:

OVERSTIMULATED 
UNDERSTIMULATED 

When you feel bored, what do you notice about the environment around you?

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

11 PM

12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

*Take a moment to notice what's happening physically in your body right now.
What parts of your day or environment might be linked?*

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

7 AM

8 AM

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11 AM

12 PM

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7 PM

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9 PM

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11 PM

12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD ENERGY ACTIVITY SCREEN TIME SLEEP
/10 /10 HOURS HOURS

MOOD ENERGY ACTIVITY SCREEN TIME SLEEP
/10 /10 HOURS HOURS

MOOD ENERGY ACTIVITY SCREEN TIME SLEEP
/10 /10 HOURS HOURS

MOOD ENERGY ACTIVITY SCREEN TIME SLEEP
/10 /10 HOURS HOURS

MOOD ENERGY ACTIVITY SCREEN TIME SLEEP
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MOOD ENERGY ACTIVITY SCREEN TIME SLEEP
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MOOD ENERGY ACTIVITY SCREEN TIME SLEEP
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MOOD ENERGY ACTIVITY SCREEN TIME SLEEP
/10 /10 HOURS HOURS

MOOD ENERGY ACTIVITY SCREEN TIME SLEEP
/10 /10 HOURS HOURS

[illegible]

THINGS I'M PROUD OF:

OVERSTIMULATED

UNDERSTIMULATED

OVERSTIMULATED

UNDERSTIMULATED

[illegible][illegible]

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

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3 PM

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6 PM

7 PM

8 PM

9 PM

10 PM

11 PM

12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU





MOVEMENT

SLEEP

HOURS

THINGS I'M PROUD OF:

OVERSTIMULATED 

UNDERSTIMULATED 

What is something you're passionate about and why?

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

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4 PM

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6 PM

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9 PM

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11 PM

12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

What do you value the most in life?

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

7 AM

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10 AM

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12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

A large green rectangular area with a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rectangular area for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

A pink rectangular area for writing.

DAILY REFLECTION QUESTION:

What is soothing to your senses?

A large green rectangular area with a grid of small yellow dots for writing.

BRAIN DUMP

Whats on my mind?

What are my unfiltered thoughts?

*Whats stressing me? What are my
ideas? What do I need to do?*

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

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12 AM

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

What's one thing you can do in the next week to move yourself towards your long term goals?

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

6 AM

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

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HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

Where do you feel the safest?

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

6 AM

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12 AM

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

What do you value about the people you're closest to?

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

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HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

Name 3 positive qualities you have. Where have you shown these recently?

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

6 AM

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

What is something you've struggled with but overcame?

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

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9 AM

10 AM

11 AM

12 PM

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

What's one thing you'd say to your child self now, that you needed to hear at the time?

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

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2 PM

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1 AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

What are some things within your control that stop you moving forward?

Grid of dots for writing.

BRAIN DUMP

Whats on my mind?

What are my unfiltered thoughts?

*Whats stressing me? What are my
ideas? What do I need to do?*

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

7 AM

8 AM

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11 PM

12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

A large green rectangular area with a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rectangular area for writing.

OVERSTIMULATED ☐

UNDERSTIMULATED ☐

A pink rectangular area for writing.

DAILY REFLECTION QUESTION:

What does unmasked you look like? How does it feel when you're being this version of yourself?

A large green rectangular area with a grid of small yellow dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

11 PM

12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU





MOVEMENT

SLEEP

HOURS

THINGS I'M PROUD OF:

OVERSTIMULATED 
UNDERSTIMULATED 

Who do you admire the most and why?

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

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8 AM

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11 PM

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1 AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

A large green rectangular area with a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rectangular area for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

A pink rectangular area for writing.

DAILY REFLECTION QUESTION:

How good are you at feeling your emotions?

A large green rectangular area with a grid of small yellow dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

6 AM

7 AM

8 AM

9 AM

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12 PM

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12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

A large green rectangular area with a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rectangular area for writing.

OVERSTIMULATED ☐

UNDERSTIMULATED ☐

A pink rectangular area for writing.

DAILY REFLECTION QUESTION:

What would be the easiest boundary to set right now to protect your mental wellbeing?

A large green rectangular area with a grid of small yellow dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

What is one thing you'd like to learn more about?

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

A large green rectangular area with a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rectangular area for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

A pink rectangular area for writing.

DAILY REFLECTION QUESTION:

Are there any specific situations where you feel ashamed? Why do you think this is?

A large green rectangular area with a grid of small yellow dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

Reflect on a recent conversation - what went well and what could you improve?

Grid of dots for writing.

BRAIN DUMP

Whats on my mind?

What are my unfiltered thoughts?

*Whats stressing me? What are my
ideas? What do I need to do?*

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

6 AM

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

A large green rectangular area with a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rectangular area for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

A pink rectangular area for writing.

DAILY REFLECTION QUESTION:

What is something that nobody knows about you and why?

A large green rectangular area with a grid of small yellow dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

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10 AM

11 AM

12 PM

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5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

11 PM

12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

A large green rectangular area with a grid of small yellow dots for writing.

THINGS I'M PROUD OF:

A pink rectangular area for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

A pink rectangular area for writing.

DAILY REFLECTION QUESTION:

What are some things you'd like to start saying no to?

A large green rectangular area with a grid of small yellow dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

11 PM

12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU





MOVEMENT

SLEEP

HOURS

THINGS I'M PROUD OF:

OVERSTIMULATED 

UNDERSTIMULATED 

What do you wish you were brave enough to say or do?

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



**COULD WAIT UNTIL
TOMORROW (B)**



EVENTUALLY (C)

HOUR BY HOUR

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

11 PM

12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

MOOD

ENERGY

ACTIVITY

SCREEN TIME

SLEEP

/10

/10

HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

How do you normally resolve conflicts? How well does this work?

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

7 AM

8 AM

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11 AM

12 PM

1 PM

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5 PM

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DOPAMINE MENU



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THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

What is something you can do now that you never used to be able to?

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

7 AM

8 AM

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1 PM

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5 PM

6 PM

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11 PM

12 AM

1 AM

MEAL PLANNER

DOPAMINE MENU



MOVEMENT

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

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MEAL PLANNER

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HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

Whats one of your greatest fears - how does this impact your life?

Grid of dots for writing.

BRAIN DUMP

Whats on my mind?

What are my unfiltered thoughts?

*Whats stressing me? What are my
ideas? What do I need to do?*

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

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OVERSTIMULATED ☐
UNDERSTIMULATED ☐

A pink rectangular area for writing.

DAILY REFLECTION QUESTION:

How would it feel to let yourself have a day off from reflecting?

A large green rectangular area with a grid of small yellow dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOURLY HOUR

6 AM

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MEAL PLANNER

DOPAMINE MENU



MOVEMENT

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/10

HOURS

HOURS

HOW I FELT TODAY:

Grid of dots for writing.

THINGS I'M PROUD OF:

Red box for writing.

OVERSTIMULATED ☐
UNDERSTIMULATED ☐

Red box for writing.

DAILY REFLECTION QUESTION:

What unrealistic standard do you set yourself in order to be liked or loved?

Grid of dots for writing.

DATE: _____

DAILY AFFIRMATION:

PRIORITIES (A)



COULD WAIT UNTIL TOMORROW (B)



EVENTUALLY (C)

HOUR BY HOUR

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10 PM

11 PM

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1 AM

MEAL PLANNER

DOPAMINE MENU





MOVEMENT

SLEEP

HOURS

THINGS I'M PROUD OF:

OVERSTIMULATED 

UNDERSTIMULATED 

MONTHLY REFLECTION

WHAT WORKED FOR ME?

Grid of dots for writing.

WHAT DIDN'T WORK FOR ME?

Grid of dots for writing.

FAVOURITE MEMORIES

Grid of dots for writing.

HOW CAN YOU STAY
MOTIVATED FOR NEXT MONTH?

Grid of dots for writing.

WHAT NEXT?

(Next month's goals should be no more than 50% more of what you achieved this month. The smaller the increase the better!)

GOALS NOT MET

Grid of dots for writing.

NEXT MONTH'S GOALS

Grid of dots for writing.

THANK YOU!

WE'RE THERAPISTS WHO SUPPORT LATE
OR UNDIAGNOSED NEURODIVERGENT
ADULTS TRANSFORM FROM SELF-DOUBT
TO SELF-CONFIDENCE 🌸

If this has been helpful, here's some
further options for working with us...

PURCHASE FULL JOURNAL

Coming soon!
Expect more
neurodivergent
friendly techniques
& a years worth of
daily prompts

NEURODIVERGENT BOUNDARIES COURSE & GUIDED JOURNALING SUBSCRIPTION

Coming soon!
Join our newsletter
through
www.fandbtherapy.com to
be the first to find out
when this, online courses
and other free resources
drop.

1-1 ONLINE THERAPY

Therapy helps guide
you towards
understanding your
patterns, where
they've come from &
how to break free
from them.
Book a free consult
on our website to
find out more.

YOU CAN ALSO FIND MORE
NEURODIVERGENT INSIGHTS & TIPS BY
FOLLOWING OUR SOCIALS. SEARCH
F&B DIGITAL THERAPY ON INSTAGRAM,
TIKTOK AND SUBSTACK 🌸

